

Got An Hour? Give It Back

(NAPSA)—Volunteering is easy way to give back the increasing number of older Americans who rely on services and social activities within their community.

The Figures

The number of older adults in this country is growing at a fast rate. According to a 2011 report from the U.S. Administration on Aging, there are roughly 11 million seniors living alone in their homes and nearly 1.5 million seniors in nursing homes at any given time.

The older population numbered 41.4 million in 2011, an increase of 18 percent since 2000. Over one in every eight people, or 13.3 percent of the population, is an older American.

The Facts

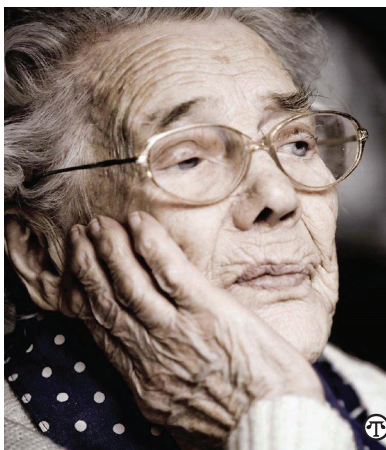
Many older adults require assistance with daily activities and report having functional limitations which can make staying in their homes difficult without assistance. Over 20 percent of all adults aged 75 and older had 10 or more visits to a doctor or other health professional in the 12-month span. Often, these limitations in activities because of chronic conditions increase with age.

To remain active in their communities, many seniors rely on programs such as meal delivery, adult day activities and other social programs. Seniors in nursing homes use services to connect with their communities. These programs often need volunteers.

The Answer

Volunteering can be a fun and easy way to give back to the community.

That's where the Got an Hour? Give it Back Campaign comes in. It was developed by the Aging Network's Volunteer Collaborative



By giving just one hour of your time, you can help a senior live independently in the community.

through a grant from the U.S. Administration on Aging to help agencies throughout the country attract volunteers to programs that work with seniors. The campaign's website includes a search toll to help connect volunteers to opportunities in their neighborhood.

Volunteering can be as simple as driving an older neighbor to the doctor, bringing him a meal or helping her with housework. You can spend only 60 minutes of your time but the effect can be infinite.

The Aging Network's Volunteer Collaborative is a national resource center that helps leaders in the aging and disability networks engage talented older adult volunteers to meet growing needs for services. The Volunteer Collaborative offers online resources, comprehensive training, and opportunities for leaders to learn best practices from each other.

The Info

To find programs and events nearby, visit www.GiveitBacktoSeniors.org.